

Manly SHOUT

May 2009



Introducing our new Coach



Jacquie
... in a former role as a Gladiator

My name is Jacqueline Watson. I am 26 years old and currently living in sunny Brookvale. I come from a long family line of swimmers and am a National swimming representative myself from the age of 12. I also hold 2 Masters records.

I am a Level One coach, Austswim instructor, hold my Certificate III and IV in personal training, and studied a Bachelor of Phys Ed at the Australian College of Physical Education through a sporting scholarship. I am passionate about health and fitness, and in particular swimming. Can't wait to meet you all!

Train hard, be happy, love life.

2008 Top Ten updated

Oops, we left some of our top swimmers off the list in the last Murmurs.

Tony Goodwin
Sue Johns
Sue Kearney
Stephen Lamy
David Lawler
Barry Seymour
Gary Stutsel
Barbara Vickers
Liz Wallis

These swimmers not only made it into The Top Ten list in Australia but were also in the Top Ten in the world in 2007!

New Tracksuits

The new-design tracksuits and polo shirts are here. Kerry Ilsey, our gear steward, has done all the work of sorting out the design, liaising with the suppliers and arranging the orders. Well done Kerry. The first orders were delivered in time for the Nationals in Brisbane. Tracksuit tops and the polo shirts are embroidered with our wave logo. For a little extra you can have your name embroidered under the club logo on the tracksuit top. These items need to be ordered in batches; contact Kerry to see when the next orders are being taken and to check the size.

Prices are

Tracksuit top \$40
Track pants \$24
Polo Shirt \$25.50

Fund-raising

Manly Masters has gained the chance to sell sizzled sausages outside Bunnings at Belrose. On a normal Sunday, sales are 600-800 sausages. We've got the Sunday before Christmas, 20 December. Imagine how many sausages we'll sell then. ... and lots of exposure of our club name too. Lots of volunteers will be needed.

Time for a name change?

Does the name of our newsletter, 'Manly Murmurs,' sound a little too mild? Would you like a brighter, more vibrant name? If so, put forward your suggestion.

Suggestions to date:

Gurgle
Backwash
Manly Masters Wave Rave
Black Line Fever
Masters Strokes
Manly Masters Strokes
Aquatic Masters
Chlorine Tolerant
H₂O

Seagull Droppings

Email Lindsay at president@manly-masters-swimming.org.au

with your idea(s).

We'll vote for the best name later.

2009 NATIONAL CHAMPIONSHIPS - BRISBANE



Results

10 Manly swimmers competed in the Nationals from 30 April to 3 May.

The tally of achievements in the pool was:

Gold 17, Silver 13, Bronze 5, PBs 6, National records 3

See the individual results below.

Relays:

- 1st: Men's 280 Medley (Aust record) Stephen, Tony, Gary, David
- 2nd: Men's 280 Free Tony, David, Gary, Stephen
- 3rd: Women's 240 Medley Jennie, Patricia, Dawn, Sue.
- 2nd: Mixed 240 Free: Sue, Dawn, Gary, Stephen
- 2nd: Mixed 240 Medley: Stephen, Tony, Dawn, Sue
- 3rd: Mixed 280 Free: Jennie, Patricia, David, Tony
- 3rd: Mixed 280 Medley: Jennie, Barbara, Gary David









What a Champ!

Sue Kearney returned from her successes in Brisbane and stopped off at Byron Bay for the Ocean Swim winning the 50+ age group! There's no stopping her.

Others to complete the distance were:

Denise Elder (5th), John Masters, new member Robert Killian, Karen Battersby and Patricia Novikoff (assisted - which means she wore flippers).

Old friends who finished included Sabine Korstanje, Julie Isbill and Ray Oliver.

 <p>Patricia Novikoff 60-64 3 PBs</p>	 <p>Jennie Morgan 65-69 5th, 8th, 11th</p>	 <p>Lloyd Smerdon 75-79 5th & 6th</p>	 <p>Sue Kearney 50-54 Gold 400, 800 Free Silver 50, 100 Free</p>	 <p>David Lawler 80-84 Gold 50, 100, 200, 400, 800 Free; 50 Back</p>
 <p>Gary Stutsel 70-74 Gold 50 Free Silver 50, 200 Fly; 100 Free; 100 Breast Bronze 100 Back 2 PBs</p>	 <p>Tony Goodwin 70-74 Gold 50, 100, 200 Breast; 100 Fly Silver 50 Fly</p>	 <p>Barbara Vickers- Baker 80-84 Gold 200 IM Silver 50 Fly; 50, 100, 200 Breast</p>	 <p>Dawn Gledhill 55-59 Gold 100, 200 Fly Silver 50 Fly Bronze 200 Breast; 400 IM</p>	 <p>Steve Lamy 60-64 Gold 50*, 100, 200* Back Silver 200 IM Bronze 200, 400 Free * 2 National records</p>